

ABSTRACT

An improved instant yogurt-like food product is formulated as a free-flowing dry food composition and is quickly reconstituted with a liquid 5 by hand shaking. The food product can be formulated to be edible or drinkable. The composition includes at least one yogurt producing bacteria, a viscosity control agent, a cold water swelling starch, an edible acid, a sweetener, a flavoring agent and an edible salt. The composition can also include a prebiotic carbohydrate to create a symbiotic food 10 product. The composition can be prepackaged and has a relatively long shelf life.